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4° seat tilt



Why?

If you are involved in a prolonged spell of keyboard work, with your spine in an upright position it can be beneficial to tilt the seat forward. This opens up the angle between your torso and thighs, taking much of the pressure off your abdominal muscles and therefore improving the circulation. Opening up this angle also causes your pelvis to rotate forward which should promote a straight back.

How?

Get out of the chair and find the lever under the rear of the seat, located on both sides just behind the arm support. Rotate this lever up to raise the back of the seat. If you turn the handle down, the rear of the seat will drop back down to its original position.

seat and back tilt



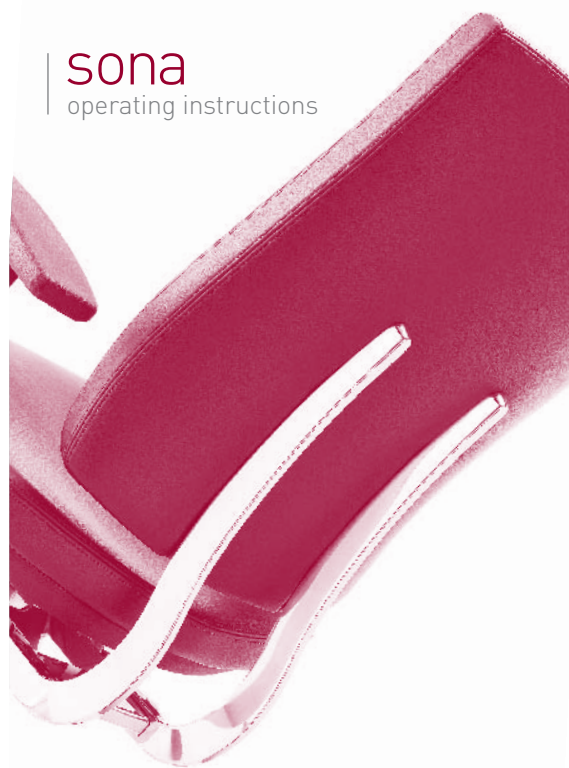
Why?

It is important to allow your body to remain dynamic with the chair in its unlocked position, because a dynamic posture promotes good circulation and a healthy spine. The tension of the chair should be adjusted to suit your own weight so that your body moves freely and harmoniously with the chair rather than having to fight against it.

How?

To unlock the back of the chair and allow it to move with your body push down the paddle found under the left hand side of your seat. To adjust the tension to suit your own weight pull out the knob under the right hand side of the seat and grasping it with an over-hand grip, rotate it forwards to increase the tension and back to decrease the tension.

sona
operating instructions



seat height



Why?

To keep your thighs parallel to the floor and your elbows at a similar height to the keyboard. This helps to maintain a healthy posture with good circulation.

How?

Lift the paddle located under the right hand side of your seat whilst lifting your weight out of the chair to allow the seat to rise to the desired height. To lower the height, lift the paddle again leaving your body weight on the seat.

seat depth



Why?

If your seat depth is too long you could compromise the circulation in your lower legs as well as being unable to make effective use of the back rest and will adopt a posture with a rounded spine. If it is too short, you will increase the pressure on your thighs. Ideally the front edge of the seat should be 5cm from the back of your calves.

How?

Push the button found on the right hand side of the seat. Keep your weight on the seat pad and move forward. Release the button to lock the seat. If you push the button and take your weight off the seat it will return to the rear position.

back height



Why?

It is important that the chair gives you support through the whole of your back. To do this the lumbar support on the chair must be aligned with your own lumbar region.

How?

At the bottom of the chair's back rest you will find the button that allows you to adjust the height of the back. Lean forward and pull the button up until the pronounced lumbar support of the chair is aligned with your own lumbar region, which is just below your waist. The back will stop in any one of 5 positions.

arm height



Why?

Forearms must be allowed to rest flat on the arm pads, allowing your shoulders to relax in order to eliminate some of the tension in your upper body.

How?

Push in the soft-touch buttons located on the outside of the arm risers to raise and lower the arms. Ensure that both arm pads are the same height. The width can be adjusted using the allen key screws under the arm supports.